

MAGNA GRECIA AND SILA

From Isola di Capo Rizzuto to Cosenza,

between the charm of the past and the beauty of nature

Crotone is the archaeological port of Calabria: a modern city in attitude that preserves the history and the ancient beauties of what was the famous Greek city of Kroton. Its position on the sea undoubtedly makes it a summer destination, but the secular richness it possesses makes it a city to be visited yearround. In Crotone, you can discover the most important centers of Magna Grecia and follow in the footsteps of masters like Pythagoras, who founded his school in the city. A symbol of the solemnity of the Crotone's history is the temple column dedicated to Hera Lacinia in the Capo Colonna area, where there is also the Archaeological Park and the National Archaeological Museum of Crotone. Dominating the city center is the Castle of Charles V, a medieval fortress that traces the lines of the Greek Acropolis and from which you can admire the city's seaside promenade, a long strip of modernity that outlines and accompanies the beauty and colors of the sea.

[Le Castella - Lo spettacolare castello Aragonese, costruito su un isolotto, è uno dei simboli più famosi di questa città]

Along the Costa dei Saraceni in the province of Crotone, stands Le Castella, a tourist center included in the Marine Reserve of Capo Rizzuto. The jewel of the city is undoubtedly the 15th century Aragonese castle, built on an islet and connected to the shore by a thin strip of sand. It is said that the island of Calypso, sung by Homer in his Odyssey, coincides precisely to the surrounding areas of the current village: Le Castella, in fact, is part of the mythological three promontories: Japigi, identified in Capo Rizzuto; Capo Cimiti; and, in fact, Le Castella, so named after the presence of the legendary Japix, son of Dedalo, one of the most talented artists of ancient Greece, who, according to tradition, travelled on Calabrian territory. During her trip to Calabria, Lidia also crossed the Crotone Valley, where she had the opportunity to not only enjoy the incredible panorama, but also to taste the flavors that these areas offer visitors, as a result of the work of young and innovative chefs who, while protecting the flavors of their land, also enrich them and create powerful dishes that are never boring. Catanzaro, Cosenza and Crotone are the three Calabrian provinces that guard the green heart of Calabria: we are referring to the Sila National Park, where it is possible to make an almost mystical journey among the naturalistic and landscape riches of the Calabrian plateau. Custodian of one of the most significant biodiversity heritages, the Park has the wolf as its symbol, that with extreme patience

can catch a glimpse in the protected woods. A fundamental stop is the nature reserve of the Giants of Fallistro, a natural and immeasurable natural heritage of Calabria where the oldest and largest trees of Italy stand out. Since 1920, artificial lakes have been created in Sila and have perfectly integrated into the surrounding environment. Born for the hydroelectric exploitation of silane waterways, these lakes have ended up acquiring a significant value for tourism. The most important are the Ampollino lake, the Arvo lake and the Cecita lake. Leaving the altitudes of the Sila, we descend towards Cosenza, a culturally lively and continuously evolving city. The City of the Bruzi is characterized by the ancient buildings such as the Svevo Castle, and the buildings of the historic center along Corso Telesio, which used to be the street of merchants and goldsmiths. This is where the Duomo stands, recognized by UNESCO as a Heritage of Culture of Peace. The cultural wealth of Cosenza continues in Palazzo Arnone, once the seat of the Court and prison, and now the National Gallery. But the intellectual vivacity of Cosenza also leaves the palaces and pours into the street: it does so with the Bilotti Open Air Museum, made possible by donations of the Cosentini patrons Carlo and Enzo Bilotti, and that progresses along the main street of the city, Corso Mazzini. Here the works of great masters such as Dali, De Chirico or Sasha Sosno accompany those walking along the promenade: a permanent outdoor exhibition, and today a symbol of the city.

Fonte: "Il viaggio di Bastianich in Calabria"

Itinerario enogastronomico